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Anthropometric measurements for adults pdf

Country	Sex	Mean	SD	Source
UK	M	256.7	18.2	1962
UK	F	215.4	15.2	1962
Denmark	M	305	21	1955
Denmark	F	262.5	20.2	1955
China	M	214.8	15.2	1982
China	F	172.9	12.2	1982
France	M	300	20	1981
France	F	250	18	1981
Japan	M	340.3	18.1	1982
Japan	F	280	17	1982
Poland	M	300	17	1982
Poland	F	250	17	1982
Sri Lanka	M	315	20	1982
Sri Lanka	F	260	18	1982
Netherlands	M	310	18	1982
Netherlands	F	260	18	1982
USA	M	341.5	18.1	1982
USA	F	281.5	17.1	1982

THIGH MUSCLE VOLUME PREDICTED BY ANTHROPOMETRIC MEASUREMENTS AND CORRELATED WITH PHYSICAL FUNCTION IN THE OLDER ADULTS

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Abstract: Objective: To correlate thigh muscle volume measured by magnetic resonance imaging (MRI) with anthropometric measurements and physical function in elderly subjects. Design: Cross-sectional study. Setting: Department of Geriatrics, National Taiwan University Hospital, Taipei, Taiwan. Participants: Forty-eight elderly subjects (mean age 73.5 years, range 65–85 years). Measurements and Main Results: Anthropometric measurements included body height, weight, waist size, and thigh circumference; physical function and function included grip strength, handgrip endurance, and gait speed. Thigh muscle volume was measured by MRI. Thigh muscle volume of both thighs was used as the reference standard. Results: The MRI-measured thigh muscle volume was positively correlated with anthropometric measurements (body height, weight, waist size, and thigh circumference) and physical function (grip strength, handgrip endurance, and gait speed). Thigh muscle volume was negatively correlated with age and with time to perform 10-m walk. The correlation between thigh muscle volume and physical function was stronger in the elderly (≥75 years) than in the younger (65–74 years) subjects. Conclusion: Thigh muscle volume measured by MRI is a useful and convenient method for assessing muscle mass in elderly subjects. The MRI-measured thigh muscle volume was positively correlated with anthropometric measurements and physical function in elderly subjects. However, limited information is available regarding the relationship between thigh muscle mass and functional status, especially in the elderly, who are at risk for sarcopenia and its associated morbidity.

Introduction: Sarcopenia, or age-related decline in muscle mass and strength, is a major component in the development of disability and frailty, especially in the elderly (1, 2). After reaching a peak in the early adult years, skeletal muscle mass generally declines throughout the life span (3, 4). Several cross-sectional and longitudinal physical function approaches have been developed to evaluate muscle mass, including laboratory methods (5, 6), bioelectrical impedance analysis (BIA) (7), magnetic resonance imaging (MRI) (8, 9), and dual-energy x-ray absorptiometry (DEXA) (10, 11). Of these methods, MRI is considered to be the most valid and because it can precisely distinguish muscle, fat, bone, and other tissues in the body. Therefore, it has also been used as a reference standard against which to test the validity of other muscle mass measurement methods (12, 13).

Background: It is well established that the development of disability in the elderly (14). In addition, functional parameters such as muscle strength, grip strength, and gait speed are more affected by aging than are upper body measurements (15).

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S/N	Anthropometric dimensions measured	5th percentile (cm)	50th percentile (cm)	75th percentile (cm)	95th percentile (cm)	Mean
1	Age	25.2	43	47.5	55.6	42.83
2	weight	45	68	81	93.6	71.90
3	Sitting height	68.1	79.0	84.5	90	80.40
4	Waist depth	18.1	25	28	30.9	25.50
5	Popliteal height	33.1	39	42.5	46.9	40.38
6	Knee height (sitting)	39.1	49	51	57.9	49.25
7	Buttock to knee length	41.1	51	56	59	51.78
8	Eye height (sitting)	51.2	64	70.5	77.9	65.90
9	Forward reach (maximum)	60.2	71	75.5	89.9	74.15
10	Mid – shoulder height	42.1	52	59	65.9	53.53
11	Body width	38	51	56	61	51.50
12	Hand length	17	19	21	22	19.75
13	Hip breadth	26.1	37	40	43.9	36.75
14	Shoulder breadth	30.2	41	45	48	41.05
15	Head height	19	24	27	29.2	24.4

Sex	Female				Male			
	Underweight	Normal	Overweight	Obese	Normal	Overweight	Obese	
Shoulder (cm)	31	33	35	37	37	39	41	
Hand (cm)	16	17	18	19	19	20	21	
Waist (cm)	68	72	76	80	76	80	84	
Popliteal (cm)	33	35	37	39	37	39	41	
Knee (cm)	39	41	43	45	43	45	47	
Buttock to knee (cm)	41	43	45	47	45	47	49	
Eye (cm)	51	53	55	57	55	57	59	
Forward reach (cm)	60	62	64	66	64	66	68	
Mid-shoulder (cm)	42	44	46	48	46	48	50	
Body width (cm)	38	40	42	44	42	44	46	
Hand length (cm)	17	18	19	20	19	20	21	
Hip breadth (cm)	26	28	30	32	30	32	34	
Shoulder breadth (cm)	30	32	34	36	34	36	38	
Head height (cm)	19	20	21	22	21	22	23	

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